



Let's Reduce Stress



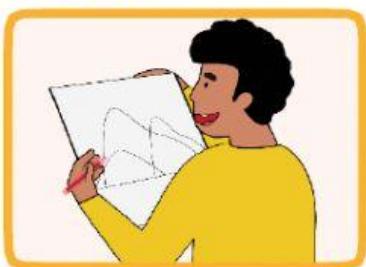
Full Name:

Activity 2: Reduce Stress

LEAD IN: Crossword puzzle

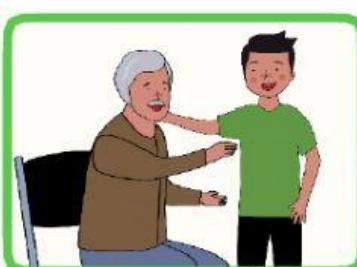
Look at the pictures, unscramble the correct action and complete the crossword.

ACROSS:



1. I (AWRD)

pictures.



2. I (PHEL)

my grandfather.



3. I (OD)

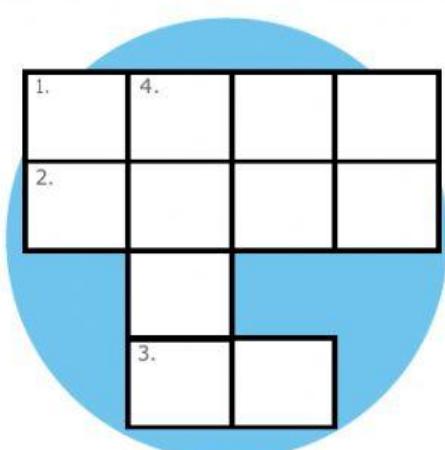
exercises.

DOWN:



4. I (EARD)

books



LET'S LISTEN:

Listen to the conversation.

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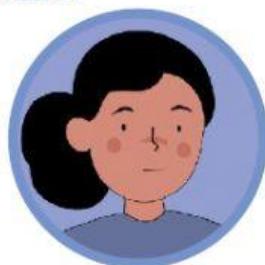
"93 YEARS EDUCATING FROM LIFE TO LIFE"

LET'S UNDERSTAND!

UNDERSTAND-EXERCISE 1

Listen the conversation and match the actions for Hilda and Roberto. Follow the example:

HILDA



2. PLAY THE GUITAR

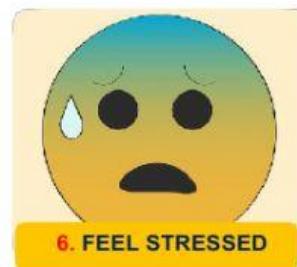
3. READ A BOOK



4. LISTEN TO THE RADIO



5. LISTEN TO MUSIC



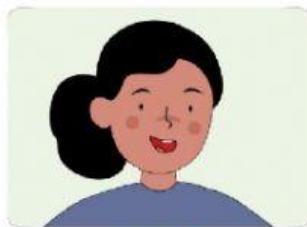
6. FEEL STRESSED



ROBERTO

UNDERSTAND-EXERCISE 2

Listen the conversation and complete the statements. Follow the example.



HILDA

1. I feel .
2. I the radio.



ROBERTO

Example:

I read books.

1. I do and read .
2. I the guitar and listen to .

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